

Use Your Care Access to Stay Healthy

Your Care Access Health Plan provides access to effective preventive and routine health care benefits designed to keep you healthy and out of the hospital. Care Access encourages you to visit your primary care doctor for regular check-ups, and to ask your doctor for key screening tests that are appropriate for your age: Some of the key screenings you should keep in mind are tests for:

Colon Cancer	High Blood pressure
High Cholesterol	Cervical Cancer (PAP Smear)
Prostate Cancer	Diabetes

IMPORTANT REMINDER

Care Access urges its Members to visit their Care Access Primary Care Physicians within 90 days of enrollment and on a regular basis to stay healthy.

About Your Pharmacy Benefits

Remember **only those prescriptions** written by a Care Access participating doctor are covered by Care Access. If you are a new Member, **do not use old prescriptions written by a non-participating doctor**, as your prescriptions may not be valid for Care Access.

If you have a pharmacy or a prescription problem, please call our Member services line during business hours, from 9 am to 5 pm at 866-429-2882 or 305-614-5050, or Caremark (after hours) at 866-240-4912.

REMINDER—CARRY YOUR CARE ACCESS MEMBER CARD WITH YOU TO RECEIVE HEALTH CARE SERVICES COVERED BY CARE ACCESS HEALTH PLAN

Member Services—Call us for Assistance

Care Access wants all of our Members to take advantage of our excellent Member Services Department which is here to serve you, the Member! Remember, if you have questions about your plan benefits, a visit to your doctor, or need help as a new Care Access Member with any item regarding your health plan, our Member Services Department is here to help you the best use of your health care coverage!

For Help, call our Member Service line at 305-614-5050

Tips for Using Medication Wisely

It's important for you to learn as much as you can about the drugs you are taking. Here's what you can do to help prevent medication errors.

- ⇒ Make a list of all of the prescription drugs, over-the-counter medicines, vitamins, and anything else you take, also note any drug allergies. Update this information regularly, keep it handy, show it to your doctor, and make sure someone else knows where to find it.
- ⇒ Not sure what your medications are for? Ask your doctor. You should know the name and strength of the medication, why you're taking it, and for how long. Put this information on your medication list. You should also understand any special instructions (such as to take with food or avoid alcoholic beverages).
- ⇒ Remember that other drugs, including over-the-counter medicines, and even some foods, can affect your medication. That's why you need to tell your doctor about EVERYTHING you're taking.
- ⇒ If you experience any problems or side effects, talk with your doctor. Your doctor may decide to change the dosage or try a different medicine.
- ⇒ When you pick up your new prescription or refill, make sure the drug and strength match what your doctor prescribed.
- ⇒ Take each dose exactly as your doctor prescribes. If you have trouble remembering to take you medication, ask your pharmacist to help you organize them.
- ⇒ Do not keep medicines past their expiration date.

Understanding more about Colon Cancer

Symptoms: These may include a change in bowel habits, vomiting, blood in the stool, anemia, fatigue and unexplained weight loss. Talk to your doctor if you have these symptoms. In many cases there are no symptoms.

Preventive measures: The American Cancer Society recommends beginning regular screening at age 50, with a colonoscopy at least every 10 years. Other test options include a yearly fecal occult blood test or a flexible sigmoidoscopy every five years. If you have a family history or other risk factors for colorectal cancer, or symptoms, ask your doctor about screening at a younger age. Exercise and eat foods low in fat and high in fiber.

Risk Factors: More than 90 percent of people diagnosed are 50 or older. Other factors include a personal history of colorectal polyps or inflammatory bowel disease, obesity or a family history of colorectal cancer. Also, African Americans have the highest incidence and mortality. The reason is uncertain.